

PRAY

PAUSE // REJOICE // ASK // YIELD

REJOICE – Ron Williams

May 30-31, 2026

Sermon Recap:

BIG IDEA: REJOICING begins when the SOUL REMEMBERS who God is, what He has done, and what He will FAITHFULLY continue to do.

1. PAUSE and attend to your SOUL. – Psalm 103:1–2
2. REMEMBER ALL of what God has already done. – Psalm 103:3–5
3. DELIGHT in the GOODNESS of God in every SEASON. – Psalm 103:6–13
4. REST in the FAITHFULNESS of God for TOMORROW. – Psalm 103:14–22

Life Group Questions:

Starter Question: What stood out to you about this weekend's message?

- 1 - How is it with your soul?
- 2 - How does intentionally praising God at the start of a prayer change the way you view your requests?
- 3 - Share with the group three ways God has been good to you recently.
- 4 - Read Philippians 4:4. What is the difference between rejoicing in the Lord versus just being happy about our current circumstances?
- 5 - Pastor Ron said, gratitude does not erase pain but it keeps pain from becoming your only perspective. Read James 1:2-4. What does it look like to "count it all joy" right in the middle of your pain?
- 6 - Take time as a group to pray by offering God prayers of gratitude and rejoicing.